



The Challenge starts with you OCTE's Get Healthy Kentucky Update

The Get Healthy Kentucky Challenge officially began September 10 throughout the KY Tech school system. Many principals seized the opportunity to help employees better understand the benefits of participating in a health and physical activity program.

The activities varied across the state including healthy lunches, walks, weight reduction contests and challenges to other principals in a local school district.

The general consensus among many employees is that “awareness” of eating healthy foods, exercising and living a healthy lifestyle are easier because of the “support” by colleagues.



Photo (l to r): Belfry ATC Principal Annette Harris-Ward, Health Sciences Instructor Melissa Scarberry and Welding Instructor Jonathan Bogar discuss the benefits of a healthy lunch.



Belfry ATC faculty kicked-off their Challenge by taking a 15 minute walk prior to the arrival of students and having a healthy lunch pot luck.

Photo (l to r): Marcia Lincoln, Paul Williamson, Glenda Stevens, Tanglia Gibbs, Robin May and Annette Harris-Ward.

When Harris-Ward began planning Belfry's activities she contacted Carletta Robinette, an R.N. at the Pike County Health Department, to discuss nutrition, obesity, hypertension and heart disease.

"My staff was excited to have Mrs. Robinette here in person," said Harris-Ward. "We have made plans to engage in regular physical activities and healthy eating."

An R.N. by trade, Harris-Ward also enlisted the help of Health Sciences Instructor Melissa Scarberry.

All three women plan to work together to develop dietary plans for staff members as well as activity guides to be used during the Challenge.

Scarberry shared her personal battle with weight and the importance of eating healthy foods and exercising.

"I lost 40 pounds using the Weight Watchers method and have been able to keep off the weight," she said. "Making a conscious effort to do it everyday is the key to success."

Other staff members are accepting the challenge and making plans to exercise.

"I've lost 15 pounds since August and plan to lose another 15 pounds by December," said Welding Instructor Jonathan Bogar. "I plan to run 1-3 miles a day, along with weight training and eating a light breakfast and lunch."



Above: Chesa Shelton (I) and Cheryl Younce, a registered dietitian, provided information about exercise programs, dental hygiene and other community outreach programs they administer.

Floyd Co. ATC Principal Lenville Martin and Health Sciences Instructor Charolette Jarrell partnered with the Floyd County Health Department to plan a Family Night at Dewey Lake Dam.

The evening was all about exercise for both children and adults. Activities included walking, swinging, running, climbing, hula hoop and playing Frisbee.

Top right photo: Principal Lenville Martin tries to explain the hula hoop to Carpentry Instructor James Taylor.

Middle photo: Who can swing the highest?

Bottom right photo: A walking session around the picnic area included (l to r) Carpentry Instructor Gary Mullis, Welding Instructor Terry Mosley, and Industrial Maintenance Technology Instructor Philip Ousley.

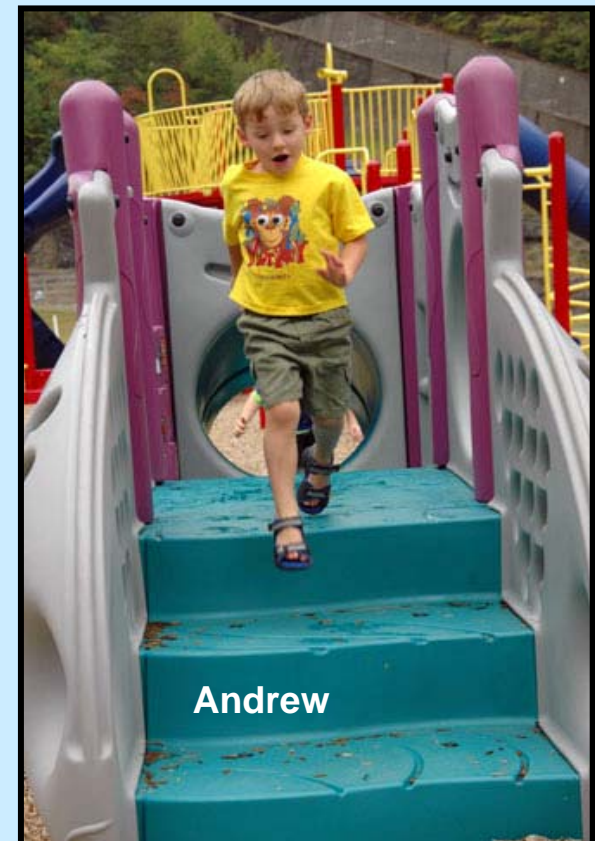
Jan Johnson, who serves as the school's secretary, is walking in the background.





As the old saying goes, “Boys will be boys.”

Undoubtedly, the Martin boys had the most fun of all.



Casey Co. ATC principal issues weight loss challenge to others in local school district



Photo above (l to r): OCTE Deputy Executive Director Mike Kindred holds the Challenge thermometer while Casey Co. ATC Principal David Horseman issues Casey Co. Middle School Principal Terry Price the Challenge.

Upon return from summer conference, Casey Co. ATC Principal David Horseman explained the Get Healthy Kentucky Challenge and was pleasantly surprised when his staff embraced the project.

In fact, the faculty immediately began an exercise program by walking around the track each day during lunch.

Upon further discussion, the staff agreed to a collective 80 pounds weight loss program. Each employee is responsible for losing at least 8 pounds by Christmas break.

Horseman, an avid believer in physical activity, issued a challenge to both the middle and high school principals “to equal our weight loss per person.”

Both principals accepted the challenge.

***Below: Health Sciences
Instructor Pat Dennison shows
off her pedometer.***



***Photo above: Mike True (r) explains the
NutriSystem program to OCTE Executive Director
Mike Kindred.***

***“My daughter and I joined NutriSystem. I’ve
lost 8 pounds,” says True. “We know that a
healthy lifestyle will be beneficial, but doing it
together brought about an awareness of healthy
eating and we are supporting each other.”***

Montgomery Co. ATC staff picks up the pace

Always competitive, the Montgomery Co. ATC staff has picked up the pace by including students in their endeavor to accept the Challenge of living a healthy lifestyle.

Each Friday, staff and students will go to the track to walk or run a mile.



Students in all classes participated in the first mile walk on Friday, September 14.



Photo at right (l to r): Marissa Conway and Alicia Frazier break into a jog during the mile walk.

Students in Conway's video editing class have taken on a special project to document the activities and progress of the Challenge.

"We are all about project-based learning and my students can use their skills to document our progress," said Conway.





Photo at left: Dale Winkler shows off the newly cleaned refrigerator and healthy snacks in the teacher's lounge.

"I've noticed a big difference in the types of food the staff brings to school for breakfast and lunch," he said.

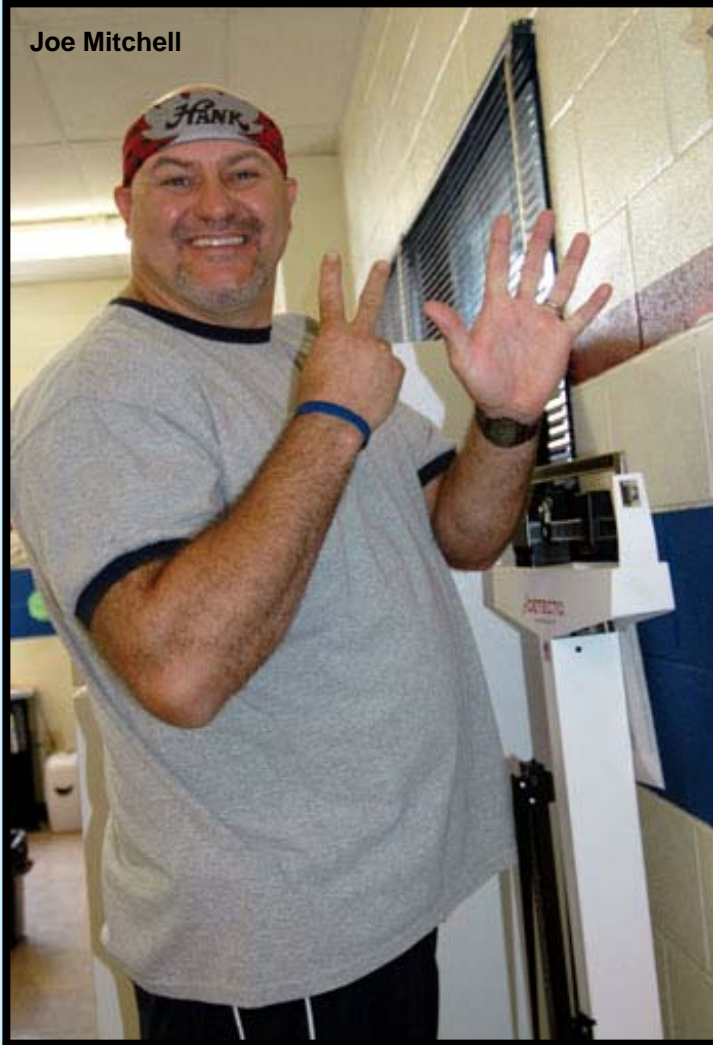
Photo below: Rhonda Bowles (far right) congratulates some of her FBLA students as they complete their walk.



Photo at left (l to r): Susan Charles and Angela Barker enjoy their walk.



Joe Mitchell



Montgomery Co. ATC faculty and staff have agreed to lose 100 pounds by Christmas.

Each staff member has determined a personal weight loss goal. Every Friday, each person fills out a slip to document his or her weight loss.

A grand total of 14 pounds was collectively lost during week one.

Automotive Technology Instructor Joe Mitchell was crowned “The Big Loser” for achieving the best weight loss - 7 pounds.

Mitchell wants to lose 30 pounds.

Fifteenth Annual Blood Drive helps students become aware of Get Healthy Challenge



Photo above: Montgomery Co. ATC HOSA President Danielle Betz goes through the sign-in process to donate blood.

Photo at right: Penny Tackett, a Kentucky Blood Center team leader, talks with Jaka Martin, who gave blood because she learned that one pint of blood can help save the lives of three adults or six babies.

Health Sciences Instructor Joyce Colliver planned the school's annual blood drive to coincide with the Get Healthy kick-off.

"We encouraged all students to actively participate and have been able to talk about healthy snacks during the drive," said Colliver. "In my class, we have taken time to become knowledgeable of blood components and how they use the blood."





**Dale Winkler, principal
Montgomery Co. ATC:**

**“The Get Healthy
Kentucky initiative has
caused the staff to become
creative in finding ways to
cut calorie intake and to
increase physical activity.**

**“I’m pleased with how
they have embraced the
goals of this initiative in just
one week.**

**“Everyone has
established a realistic goal
for weight loss and physical
activity, and they are
supportive of one another.”**

Photo: OCTE Deputy Executive Director Mike Kindred (center) dons his newly achieved Presidential Challenge Performance bronze medal and shirt.

Row 1 (l to r): Jeff McCarty, Alicia Frazier, Marissa Conway and Dale Winkler. Row 2: Joe Mitchell, Angela Barker, Kindred, Rhonda Bowles and Susan Charles. Not present: Instructors Barbara Drake and Joyce Colliver, who was coordinating the Blood Drive.